

January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
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				2021 Happy New Year!!
4	5	6	7	8
Minestrone Soup	Ranchero Steak	BBQ Chicken	Pork Chop w/ Brown Gravy	Grilled Chicken Salad
1/2 Ham Salad Sandwich	Potato Wedges	Roasted Baby Potatoes	Duchess Potatoes	Baked Potato
Carrots	Spinach Salad	Asparagus	Garden Mix Vegetables	Apple
Blueberry Cup	Plums	Banana	Lime Salad	Garlic Bread Stick
Strawberry Yogurt Salad	Frosted Brownie	Cherry Crisp	Peaches	Oatmeal Cookie
	Wheat Dinner Roll			
11	12	13	14	15
Lemon Fish	Meatball Sandwich	Ham & Bean Soup	Oven Fried Chicken	Beef Pepper Steak
Parslied Potatoes	Tater Tots	Broccoli Salad	Mashed Potatoes w/ Gravy	Over Rice
Creamed Asparagus	Seasoned Zucchini	Applesauce in Cherry Gelatin	Lima Beans	Spinach Salad
Pears	Peaches	Tropical Fruit	Strawberries & Bananas	Plums
Mandarin Oranges	Butterscotch Bar	Cornbread	Snickerdoodle Cookie	Bing Cherry Jell-O Salad
18	19	20	21	22
Herb Baked Chicken	Hamburger on a Bun	Liver & Onions	Chicken & Rice Soup	Salmon Loaf
Roasted Red Potatoes	Tomato/Lettuce/Onion	Escalloped Potatoes	Crackers	Mashed Potatoes
Green Beans Amandine	Potato Salad	Peas & Carrots	Caribbean Vegetables	Carrots
Pineapple	Baked Beans	Plums	Orange	Banana
Apricots	Applesauce	White Cake/Frosting	Chocolate Peanut Butter Brownie	Vanilla Cream Pudding
Martin Luther King Jr. Day				
25	26	27	28	29
Beef Stroganoff	Turkey Supreme	Tuna Salad Sandwich	Spaghetti w/ Meat Sauce	Chicken and Bean Chili
Steamed Cabbage	Mashed Potatoes	Sweet Potatoes Fries	Lettuce Salad	1/2 Egg Sandwich
Brussels Sprouts	Spinach	Coleslaw	Garlic Bread Stick	Crackers
Cherries	Peaches	Pineapple	Grapes	Fruit Cocktail
Spiced Pears	Oatmeal Raisin Bar	Pumpkin Bar	Apple Crisp	Orange Jell-O

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

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